

Appl. No. 10/659,429

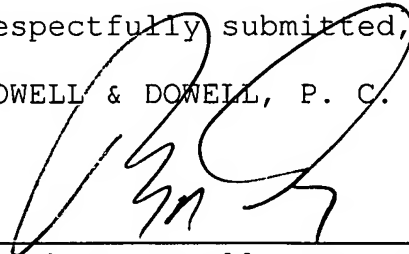
**Remarks**

This application has been carefully considered in light of the Restriction Requirement mailed June 5, 2006. In the Restriction Requirement, the Examiner has required a election between the claims of Group I, including claims 1-15 drawn to a weight lifting apparatus and Group II including claims 16-20 drawn to a weight plate. The non-elected claims of Groups II have been withdrawn and the claims of Group I elected without traverse.

It is now believed that the claims are in condition for allowance. Should the Examiner in charge of the application have any additional questions she is encouraged to contact the agent of record at the number listed below.

Respectfully submitted,

DOWELL & DOWELL, P. C.



Ralph A. Dowell, Reg. No.: 26,868

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DOWELL & DOWELL, P.C.  
Suite 406, 2111 Eisenhower Ave.  
Alexandria, VA 22314  
Telephone: (703) 415-2555  
e-mail: [dowell@dowellpc.com](mailto:dowell@dowellpc.com)  
Customer Number 000293